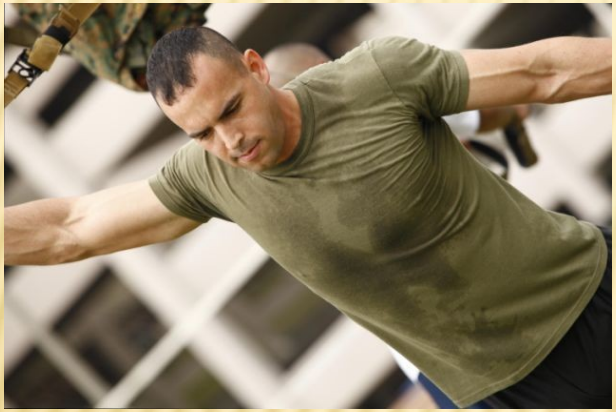
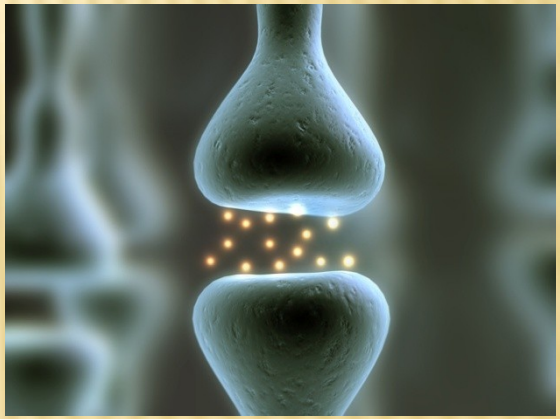
BETTER BODY, BANK & BRAIN: A TOBACCO-FREE LIFE



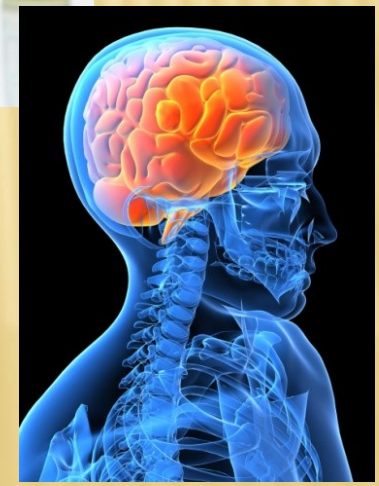


Semper Fit

Health Promotion Brief

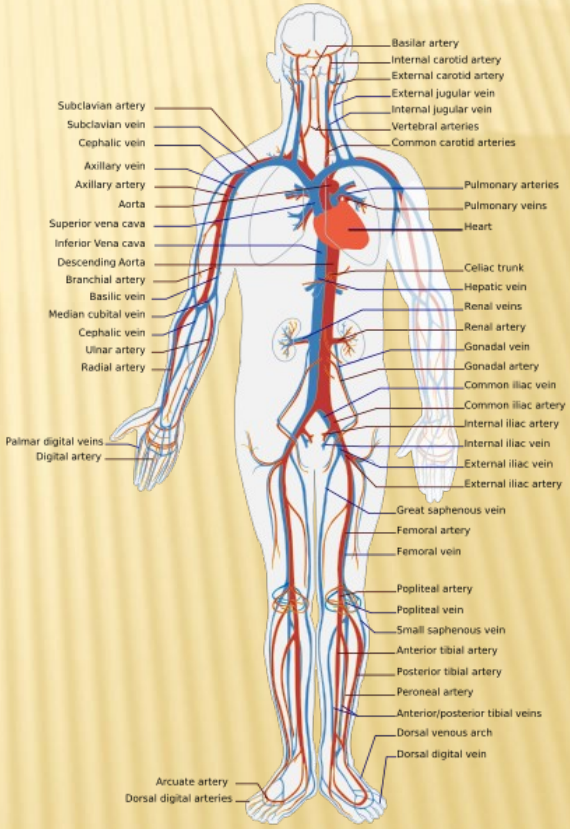
OVERVIEW

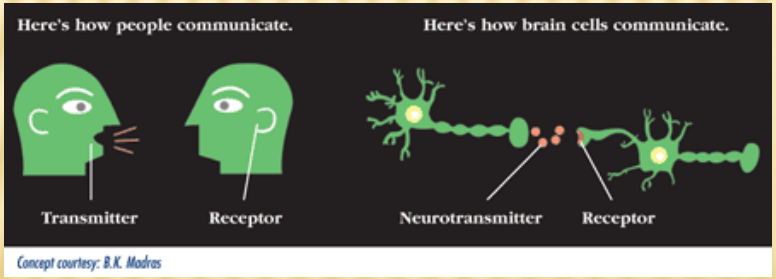
- Better Body:
  - Bod Basics
  - Nicotine's Short-Term Effects
  - Nicotine's Long-Term Effects
  - Short-Term Changes = Long-Term Gains
- Better Bank:
  - Stats on Tobacco & $$
  - How Much Are You Spilling?
  - Your Calculations
- Better Brain:
  - Free Up Space
  - Reprogram
- Build a Plan:
  - In Sight / In Mind
  - Move Towards a Positive
  - Ride the Waves
  - Break a Sweat
- Bonus: The Ripple Effect
- Resources
- POC's



BETTER BODY: BOD BASICS

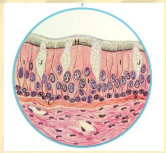
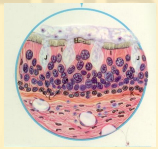
- Breath
  - Lungs
- Blood
  - Heart
  - Blood Sugar
- Brain
  - Mood Regulation
  - Reward Center





For a detailed summary of smoking's immediate effects on the body, go to: http://www.tobaccofreekids.org/research/factsheets/pdf/0264.pdf

NICOTINE'S SHORT-TERM EFFECTS

- Breath
  - Lungs
    - Smoking paralyzes the hair-like cilia that line the lungs
    - Cilia can't do their job of clearing & protecting lungs
    - Smokers' only defense against invaders is a cough
- Blood
  - Heart
    - Nicotine triggers the release of adrenaline
    - Adrenaline causes a rapid heart beat & increased BP
  - Blood Sugar
    - Adrenaline also triggers the release of glucose (blood sugar)
    - Body perceives itself as having fuel (food) when it doesn't
- Brain
  - Mood Regulation
    - Nicotine floods brain with dopamine (neurotransmitter that regulates movement, emotion, thinking, motivation & feelings of pleasure)
  - Reward Center
    - Nicotine u fewer dopamine receptors & produce less dopamine

NICOTINE'S LONG-TERM EFFECTS

- **Brain:**
  - Increased stroke risk & headaches due to lack of oxygen and narrowed blood vessels
- **Mouth:**
  - Increased risk for cancer of the mouth
  - Higher risk of gum disease, tooth decay & bad breath
  - Yellow teeth
- **Lungs and Bronchi**
  - Smoke passes through the bronchi, or breathing tubes. Hydrogen cyanide and other chemicals in the smoke attack the lining of the bronchi, inflaming them and causing that chronic smoker's cough. Because the bronchi are weakened, the risk of bronchial infections increases
  - Mucus secretion in the lungs is impaired, also leading to chronic coughing
  - Smokers are 10 times as likely to get lung cancer and emphysema as nonsmokers
- **Heart**
  - Nicotine raises blood pressure and makes the blood clot more easily
  - Carbon monoxide robs the blood of oxygen and leads to the development of cholesterol deposits on the artery walls
  - These effects lead to an increased risk of heart attack
  - Poor circulation resulting from cholesterol deposits can cause strokes, loss of circulation in fingers and toes and impotence
- **Digestive System & Internal Organs**
  - The tars in smoke can trigger cancer of the esophagus and throat
  - Increased stomach acid secretion, leading to heartburn and ulcers
  - Higher rates of pancreatic & bladder cancer due to excretion of the carcinogens in cigarettes through urine
  - Kidney damage due to elevated blood pressure
  - High blood pressure from smoking can damage the kidneys
- **The Bottom Line**
  - Smoking affects every cell in the body

- **But the good news is that when you quit smoking your body begins to repair itself within 20 minutes.**

SHORT-TERM CHANGES = LONG-TERM GAINS

Time	Benefit(s)
20 MINUTES	Your heart rate drops
12 HOURS	Carbon monoxide level in your blood drops to normal
2 WEEKS TO 3 MONTHS	Your heart attack risk begins to drop Your lung function begins to improve
1 TO 9 MONTHS	Your coughing and shortness of breath decrease
1 YEAR	Your added risk of coronary heart disease is ½ that of a smoker's
5 – 15 YEARS	Your stroke risk is reduced to that of a nonsmoker's
10 YEARS	Your lung cancer death rate is about ½ that of a smoker's & Your risk of other cancers decreases
15 YEARS	Your risk of coronary heart disease is back to that of a nonsmoker's

Source: Centers for Disease Control and Prevention. Tobacco Information http://www.cdc.gov/tobacco/sgr/sgr_2004/posters/20mins.htm

BETTER BANK: STATS ON TOBACCO & $$

- Costs of tobacco use include:

  - Earn less $
  - Less likely to get promoted
  - Receive less pension $ & Social Security benefits
  - Lose $ on home & car resale values
  - Higher insurance premiums (health & life)
  - Spend more $ on dry cleaning
  - Spend more $ on medical & dental costs

BANK: HOW MUCH ARE YOU SPILLING?

- “A 40 year old who quits and puts the savings into a 401(k) could save almost $250,000 by age 70.”

Source: “The High Cost of Smoking” by Hilary Smith

YOUR CALCULATIONS: IN A DAY

	Time	Money	Planning / Mental Energy
At Work			
At Home			
In Transit (driving, flying)			
While TAD			
During Trainings			
At Holidays / Family Gatherings / Parties			

YOUR CALCULATIONS: IN A WEEK

	Time	Money	Planning / Mental Energy
At Work			
At Home			
In Transit (driving, flying)			
While TAD			
During Trainings			
At Holidays / Family Gatherings / Parties			

YOUR CALCULATIONS: IN A MONTH

	Time	Money	Planning / Mental Energy
At Work			
At Home			
In Transit (driving, flying)			
While TAD			
During Trainings			
At Holidays / Family Gatherings / Parties			

YOUR CALCULATIONS: IN A YEAR

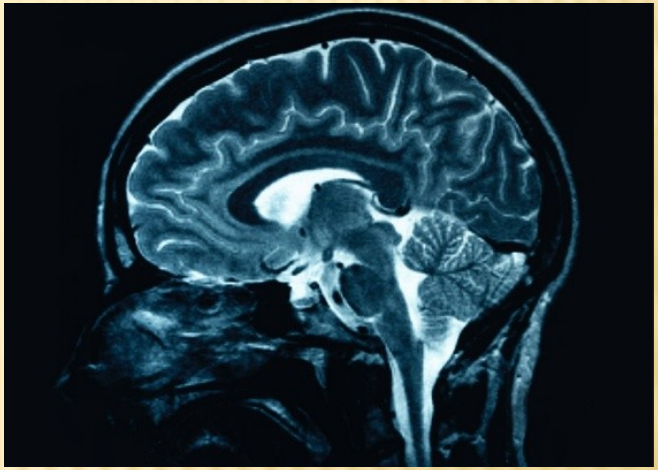
	Time	Money	Planning / Mental Energy
At Work			
At Home			
In Transit (driving, flying)			
While TAD			
During Trainings			
At Holidays / Family Gatherings / Parties			

YOUR CALCULATIONS: IN A DECADE

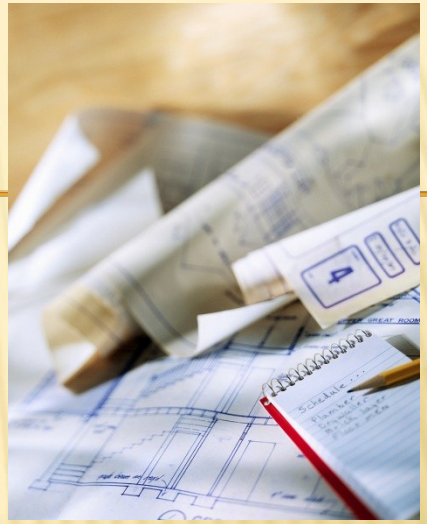
	Time	Money	Planning / Mental Energy
At Work			
At Home			
In Transit (driving, flying)			
While TAD			
During Trainings			
At Holidays / Family Gatherings / Parties			

BETTER BRAIN

- Free Up Space
- Reprogram
  - Reward System
  - Plastic Head
  - Positive ‘Addictions’



BUILDING A PLAN



- In Sight / In Mind
  - Make Index Cards
  - Place in Highly Visible Places
    - Computer Screen, Mirror at Home, in Car
- Move *Towards* a Positive vs. Away from a Negative
  - Ex: "I *want to* breathe consistently on a 3 mile run."
    vs. "I *don't want* to be out of breath 2 minutes into a run."
- Ride the Wave
  - 1st 72 hours clean can be roughest wave
  - Cravings typically only last about 3 minutes
- Break a Sweat
  - Exercise activates the same reward centers in the brain as nicotine; it just takes longer (nicotine = 7 – 8 seconds; PT = about 20 minutes)

BONUS: THE RIPPLE EFFECT

- Habits are Powerful Trend Setters
- One habit change can create a ripple effect of forward momentum in your own life & in the lives of everyone around you – now and in the future

RESOURCES

- www.ucanquit.org

  Quit Tobacco-Make Everyone Proud Campaign

- http://www.lungusa.org/stop-smoking/

  American Lung Association

POINTS OF CONTACT

MARFORRES - Marine Corps Community Services
Semper Fit Program
2000 Opelousas Avenue, New Orleans, LA 70146
(504) 697-9768 (Fax)

http://www.marines.mil/unit/marforres/MFRHQ/MCCS/SemperFit/Health.aspx

http://www.facebook.com/pages/New-Orleans-LA/MCCSSEMPER-FIT-MARFORRES/126284770729139

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MCCS MARINE CORPS Community Services

UNITED STATES MARINE CORPS SEMPER FIT SPORTS, RECREATION & FITNESS